

Press Report 14th January 2019



ESSEX CROSS-COUNTRY LEAGUE Epping Forest Saturday 12 January Ilford AC were represented across the age groups in the penultimate race of the Cross Country season in the Essex League. The race was held in Epping Forest over the usual challenging course that, although firmer and drier than usual, still had its difficult muddy moments to contend with. First race of the day was the U13's held over 3km Ilford's sole representative was Joseph Grange who ran an impressive 12:10 for 14 place in a field of 40. Next up was the U15's held over 4km Ilford had 2 runners in this race, both putting in fine performances. Matthew Hick came in on 17:02 for 21st place, followed very closely by Ryan Holeyman in 17:27 for 24th place. It was ...[Read more](#)

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SENIOR PRESS REPORT Essex Cross Country Championships Writtle College Saturday 5th January The 92nd Essex Cross Country was held on firm, flat course on a chilly Saturday afternoon at Writtle College near Chelmsford. It was the first time in the history of the event that the senior men and women ran the same distance, 10km. In the Senior Women's race, which was won by seasoned international Jess Judd, the Ilford AC squad was led home by Carlie Qirem in 48 mins 49 secs for 57th place with Anna Crawley having a good run for 79th in 53 mins 21 secs. Next up was Sharon Honey with 56 mins 31 secs for 104th, with Alison Sale completing the scorers in 110th with 57 mins 19 secs. ...[Read more](#)

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Iford AC Boxing Day Handicap Hainault Forest December 26th 2018 A record field of 30 runners brushed off the Turkey and Christmas hangover's to toe the line for the 10th annual Iford AC Boxing day handicap. The route is 3.3 miles through the hills and mud of Hainault Forest. This year, for the first time, the course was marked out due to people getting lost and running their own route in previous years. The first 5 finishers all finished within a minute of each other and was led home by Matthew Hick, closely followed by Jak Wright, John Crawley, Ryan Holeyman and Steve Philcox. Taking away the Handicaps Steve Philcox was the fastest Iford runner on the day with a time of 20:50. The ladies were ...[Read more](#)

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Ilford Christmas Relay Cricklefields Stadium Tuesday 18 December The annual Ilford AC Christmas relay took place at their home track at Cricklefields Stadium. It is the one time of the year when all the clubs running groups come together, the Juniors, Senior track runners and the endurance road and cross country runners. This year 10 teams of 3 or 4 runners entered the relay event with each team having to do 19 laps. The race is run as a relay with the only rules being that each runner has to do at least 3 laps, and the last lap has to be run by the whole team. It was a close contest this year, and despite heavy rain was a lot of fun. All ten teams finished ...[Read more](#)

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Southend Rudolph 5 Mile Race Sunday 9th December Ilford ladies Carol Muir and Julie Gillender set out on a cold and wet Sunday morning to run the annual Southend rudolph 5 mile race. The run consisted of part of the Southend parkrun route and then along the promenade and back again to the finish point. Christmas elves and Santas all festively dressed for the occasion only to be soaked by the rain but the atmosphere kept everyone's spirits up. On finishing every runner received a medal, mince pie and Christmas pudding . Both ladies were pleased with their runs with Julie coming in on 52:39, closely followed by Carol with a time of 53:41 ESSEX CROSS COUNTRY LEAGUE - SENIORS Horseheath, Cambridge Saturday 15 December The third ...[Read more](#)

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South of England Masters Cross Country Championship Oxford Saturday 8th December Saturday saw the country's best vets competing in Oxford for the 'South of England Masters Cross Country Champs' Ilford AC had the one athlete running, ex England International Andy Catton, who ran in the Over 60's race. On a tough hilly and muddy 10k course Andy finished in an impressive 41.29, a run he described as his best race for years. Andy's efforts earned him 5th place in the over 65 category, which placed him one place above World 800m and



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1500m champion and record holder Dave Wilcox. Andrew also placed 11th overall in the over 60's. Essex runners won both age groups – Dave Cox of Woodford was first M65 and Mick Bridgeland of Chelmsford first ...[Read more](#)

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ESSEX VETERANS CROSS-COUNTRY CHAMPIONSHIP Hilly Fields Colchester Saturday 1 December The first championships of the winter were held at a damp Hilly Fields in Colchester as the titles and medals for the ladies over 35 and men over 40 were up for grabs. The races were over a mainly grassland course, just over 7km with a testing hill which had to be negotiated twice The first race of the day was the Veteran ladies. The Ilford ladies were led By Bree Nordin, who won the clubs only medal of the day as she took silver in the F55 category, placing 39th in 34 mins 46 secs. She was supported by Alison sale who is running on the Cross-country circuit for the first time this season in 82nd ...[Read more](#)

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Bass Belle 10 Miler Bassingbourn Sunday November 27th Sunday saw the 5th running of the Bass Belle 10 miler, so named as Bassingbourn is known for the famous air plane called the Memphis Belle. The route is a flat, fast course consisting of 8.5 miles on the road and 1.5 miles on grass track. The course is described as being perfect for runners making their debut at the distance which is exactly what Ilford AC runner Ray 'sparra' Everingham was setting out to achieve. Sparra joined the club earlier this year at our Wednesday beginner / improvers nights having never done any running before. Through the year he has now represented the club at various distances, including Cross country, culminating in today's debut at the 10 ...[Read more](#)

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SEAA London cross country championships 2018 Parliament hill 17th nov 2018 Ilford AC fielded 3 senior men for the regional championship fixture. The sun was out and the wind was non existent. Ideal running conditions. The team lined up together at the base of the iconic hill for the plus 10km race. Over 1700 athletes took to the course from all age groups so the ground for the last race of the day was fair to middling. The 439 strong mens field completed 3 large loops and 1 small loop to rapturous applause from a healthy crowd on the steep hills. Alex Richards was first home for the club in an impressive 40th spot with a time of 38.44. Tom Gardner was close behind ...[Read more](#)

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CHINGFORD LEAGUE Redbridge Cycle Circuit, Hog Hill Tuesday 6 November The second race of this winter's Chingford League was held at the Redbridge Cycle Circuit over the usual challenging circuit, which slows times.. There were six runners from Ilford AC in action, running as guests or for their second claim club and gave some impressive performances. Gary Coombes showed good form coming home 13th in 18 mins 17 secs, with Seb Parris giving a storming run for 23rd with 18 mins 53 secs. Alan Pearl was 89th in 22 mins 26 secs and Tony Young crossed the line in 24 mins 04 secs for 115th. Trevor Robinson



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recorded 24 mins 51 secs for 121st and Jim Huddart, who is in the M70 age category ...[Read more](#)

